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Our odd object training area

Blog post with video: <http://www.oddobjecttraining.com/2014/12/area-pdf-book.html>

My outside karate / strength training area with improvised equipment is basically complete. It is located behind my father's art studio and is very "minimalist". There isn't very much equipment, but who needs a lot when you can use creativity, found objects, and your own body weight? The only other pieces of equipment I would like in this area are a fully improvised bodyweight training gym and a tractor tire (for flipping over). Any other ideas are welcome and appreciated!

Minimalist training area so far:

Various "odd objects" including cinder blocks, bricks, and old car tires

A pullup bar set up in a window

Wall mounted car tire makiwara board

Broomstick and old metal folding chairs that can be used with a pair of cinder blocks for a makeshift horizontal pullup bar (these are stored inside)

A few "hojo undo" style tools (also stored inside)

Sledgehammer - used to strike tires with (also stored inside)

Total cost:

\$0

I found the old cinder blocks and bricks scattered around the area. The car tires were given to me by auto repair shops. The pullup bar was donated to me, but one can be made from PVC pipe fairly easily. We had the other materials and tools on hand already. My father's many dumpster diving adventures at a local thrift shop yielded quite a lot of stuff that's proven to be quite useful with just a bit of fixing!

The bricks can be used for some intense calisthenics and "hojo undo" style exercises. There a number of lifts you can do with cinder blocks and sandbags, which are "awkward" to move around compared to "conventional" weights. The car tires can be held by a partner so that you can practice strikes and kicks. (Granted, you'll want to wear some hand protection.) There's a ton of other exercises that you can do with tires, as well.